



# Intermittent fasting

Swipe →

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# 01

**Intermittent fasting (IF) is any of various meal timing schedules that cycle between voluntary fasting (or reduced calorie intake) and non-fasting over a given period.**

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## 02

**Methods of intermittent fasting include alternate-day fasting, periodic fasting, such as the 5:2 diet, and daily time-restricted eating.**

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# 03

**Complete alternate-day fasting is total intermittent energy restriction (IER vs. CER = continuous energy restriction), where no calories are consumed on fasting days.**

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04

**Intermittent fasting may improve several health outcomes in overweight or obese adults.**

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**05**

**Some different types of fastings exist in some religious practices.**

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# 06

**The National Institute on Aging states current human research is limited, inconclusive, and not enough to recommend these diets for the general public.**

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